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Claims

1. An electrical distribution system comprising or including an insulating track for insulating an electrically conducting track connectable to an electric power supply and being adapted to receive one or more primary electric power take off socket for receiving in electrical contact therewith an electric plug when inserted therein, characterised in that the or each socket has electrical contacts engageable via a push fit with a carriage electrically connectable to the electrically conducting track and being adapted to be selectively positioned therealong, and locking means whereby the or each socket may be selectively locked in place along the electrically conductive track, thereby to position and reposition as required said the or each electric power take off socket.

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- 2. An electrical distribution system according to claim 1 further characterised in that the carriage is slideable on the track when not locked in place thereon.
- 3. An electrical distribution system according to claim 2 further characterised in that the slideable carriage has locking means co-operable with the insulating track and/or the electrically conducting track, the locking means being moveable between an open position in which the or each carriage is slideable therealong and a closed position in which respective actuating pins extending from the primary electric power take off socket engage therewith via a push fit.
- 4. An electrical distribution system according to claim 3 further characterised in that cam surfaces associated with said locking means and/or actuating pins enable slideable movement of the locking means of the slideable carriage with respect to the insulating track and electrically conducting track to thereby releasably lock the carriage and the socket in place.

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- 5. An electrical distribution system according to any preceding claim further characterised in that the or each power take off socket includes a corresponding socket for receiving an electric plug.
- 6. An electrical distribution system according to any one of claims 1 to 4 further characterised in that the or each power take off socket is provided with electrical contacts to which wires may be connected leading from a secondary outlet socket into which an electric plug may be inserted.

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- 7. An electrical distribution system according to any preceding claim further characterised in that the electrically conducting track is of generally flat and/or ribbon like construction.
- 8. An electrical distribution system according to claim 7 further characterised in that the electrically conducting track is composed of a flexible insulating substrate of e.g. plastics on which is mounted the electrically conducting track.
- 9. An electrical distribution system according to any preceding claim further characterised in that the insulating track includes an insulating cover to prevent accidental access to the electrically conducting track after the electrical distribution system has been installed.
- 10. An electrical distribution system according to claim 8 further characterised in that means are provided for mounting secondary sockets thereon, such as sockets for use with telephones, televisions and data exchange sockets for e.g. modems, the wiring for which being stored within one or more dedicated conduits in the insulating track parallel to the main electrically conducting track.
- 11. An insulating track for insulating an electrically conducting track connectable to an electric power supply including a guide rail or slot onto or into

which is receivable a slideable connector for electrically connecting electrical contacts mountable on or in the insulating track with one or more primary sockets mountable by a push fit on or in the track.

12. An insulating track according to claim 11 further characterised in that locking formations are provided co-operable with corresponding locking formations on or in a slideable carriage connectable to a primary power take-off socket when mounted thereto to thereby releasably lock the carriage and socket in place.

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- 13. An insulating track according to claim 11 or claim 12 further characterised in including a separate conduit for receiving additional wiring associated with the or each secondary socket.
- 14. An electrically conducting track connectable to an electric power supply and adapted to be mounted on an insulating track and further adapted to receive electrical contacts associated directly or indirectly with an electrical socket, the electrically conducting track being of generally flat or ribbon-like construction windable on a reel.
- 15. An electrically conducting track according to claim 14 further characterised in being composed of a flexible insulating substrate on which is mounted the electrically conducting track.
- 16. A slideable carriage electrically connectable to an electrically conducting track when mounted on an insulating track having guide means thereonalong, the carriage also being connectable to an electric plug or adaptor by push fit.
 - 17. An electric power take off socket for receiving in electrical contact therewith an electric plug when inserted therein or thereon, the electric power

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take off socket being adapted to be engageable with a slideable carriage electrically connectable to an electrically conducting track mounted on an insulating track.

18. An electric power take off socket according to claim 17 further characterised in including means co-operable with the sliding carriage when mounted on the insulating track to lock the carriage in place when the power take off socket is engaged therewith.

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- 19. An electric power take off socket according to claim 18 wherein the means to lock the carriage in place comprises pins extending from the power take off socket and insertable within the sliding carriage to bear up against cam surfaces on slideable locking tabs which thereafter engage with and lock against locking formations on or in the electrically conducting track and/or insulating track.
- 20. A power take off socket holder including pins extending from the holder and insertable within a carriage connectable to an electrically conducting track at one end by a push fit and connectable at the other end to an electric power take off socket when fitted thereto.
- 21. A data input and/or output box adapted to be received upon an insulating track for an electrical distribution system according to any one of claims 1 to 9.
- 22. An electrical distribution system including an insulating track including a secondary cable receiving conduit, an electrically conducting track adjacent the conduit, an intermediate cover for insulating the electrically conducting track while leaving the conduit exposed, and a front cover for covering the intermediate cover and conduit.

- 23. An electric distribution system substantially as hereinbefore described with reference to the drawings.
- 24. An insulating track substantially as hereinbefore described with reference to Figures 1 and 2.
- 5 25. An electrically conducting track substantially as hereinbefore described with reference to Figure 3.
 - 26. A slideable carriage substantially as hereinbefore described with reference to Figures 5 to 8.
 - 27. An electric power take off socket substantially as hereinbefore described with reference to Figures 9 and 10.

- 28. An electric power take off socket substantially as hereinbefore described with reference to Figure 11.
- 29. A data input and/or output box substantially as hereinbefore described with reference to Figures 12 and 13.
- 15 30. An insulating track substantially as hereinbefore described with reference to Figures 16 and 17.